

# Seizing the Moment and the Momentum: *Communities Putting Prevention to Work* RENEW LA County

Renew Environments for Nutrition,  
Exercise, and Wellness

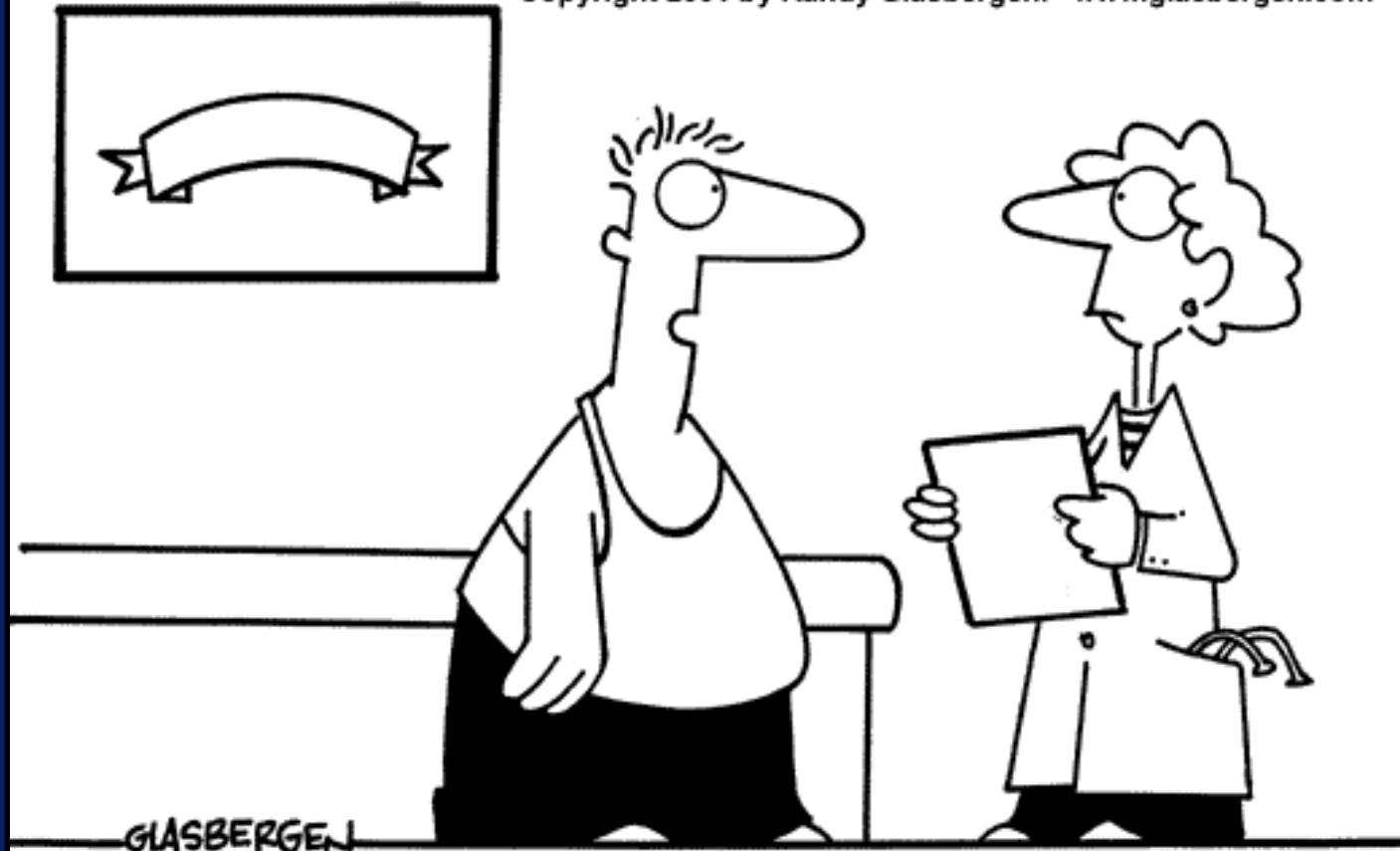
Presented by:

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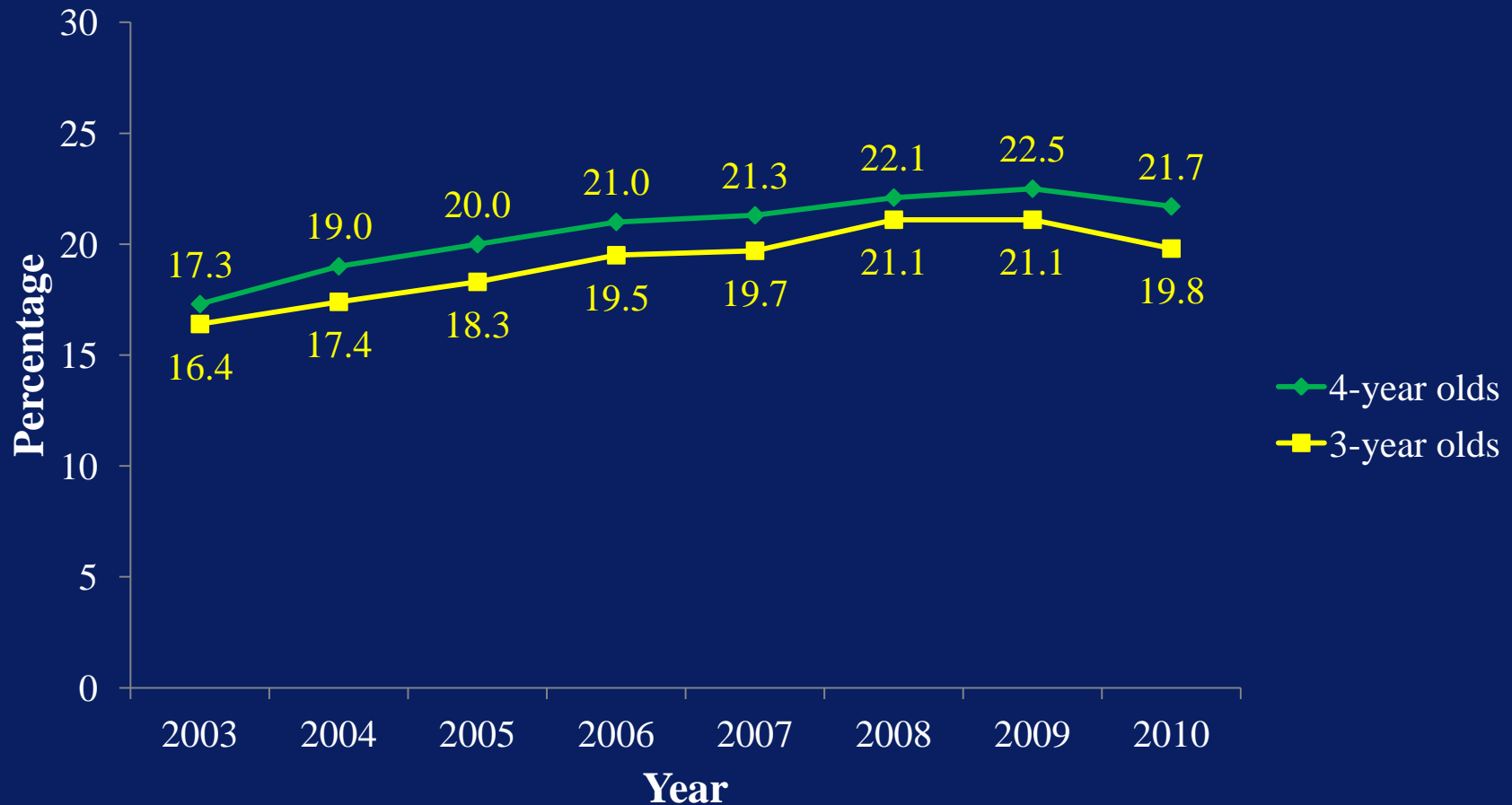
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**“I must be eating right. I’m narrow at the top and wide at the bottom, just like the food pyramid.”**



# Obesity Prevalence Among 3 and 4 Year Olds in the WIC Program, Los Angeles County, 2003-2010



Source: PHFE WIC Program, Los Angeles County.







# Obesity Prevalence Among School Children LAUSD vs. Rest of L.A. County, 1999-2008



Source: California Physical Fitness Testing Program, California Department of Education.  
Includes 5th, 7th, and 9th graders enrolled in Los Angeles County public schools.

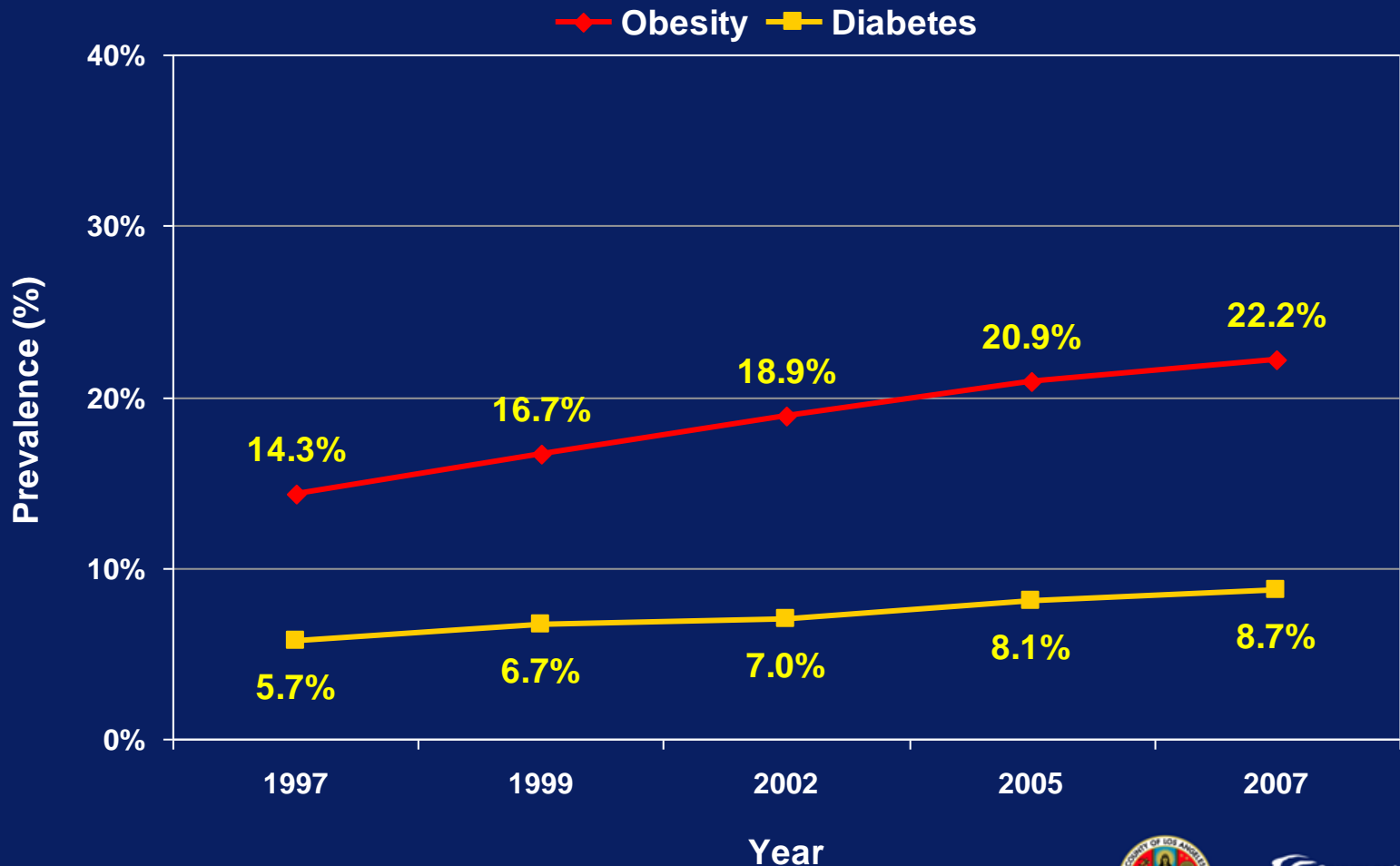








# Prevalence of Obesity and Diabetes Among Adults in Los Angeles County, 1997-2007



# Economic Costs of Overweight, Obesity & Physical Inactivity, Among Adults in Los Angeles County, 2006

	<b>Overweight and Obesity Billions</b>	<b>Physical Inactivity Billions</b>
<b>Health Care</b>	<b>\$3.60</b>	<b>\$2.39</b>
<b>Lost Productivity</b>	<b>\$2.38</b>	<b>\$3.51</b>
<b>Total:</b>	<b>\$5.98</b>	<b>\$5.90</b>

**Total Cost:**

**\$11.88 BILLION**





# Cities/Communities with Lowest and Highest Childhood Obesity Prevalence, 2005

## Top 10\*

## Bottom 10\*

City/Community Name	2005 Youth Obesity Prevalence (%)	City/Community Name	2005 Youth Obesity Prevalence (%)
Manhattan Beach	4.2	Cudahy	29.4
Palos Verdes Estates	6.3	West Whittier-Los Nietos	29.7
Beverly Hills	6.9	West Puente Valley	30.0
San Marino	7.1	Bell	30.2
Agoura Hills	7.3	Willowbrook	30.5
Calabasas	8.0	Huntington Park	30.6
South Pasadena	9.0	East Los Angeles	31.9
La Canada Flintridge	11.4	Florence-Graham	32.0
Rancho Palos Verdes	11.6	San Fernando	32.9
Arcadia	12.3	Maywood	37.4
Average 10 lowest	8.0%	Average 10 highest	31.5%



# RENEW LA County– Community Action Plan

- 1) Adopt healthy food and beverage policies in eight cities
- 2) Adopt healthy food/beverage policies in three L.A. County departments
- 3) Improve school meal nutrition in four local districts, including LAUSD
- 4) Adopt nutrition and physical activity guidelines for preschools
- 5) Adopt policies to support breastfeeding in county and private firms
- 6) Increase teacher capacity to implement physical education requirements
- 7) Adopt or strengthen joint-use policies in school districts
- 8) Adopt land use policies to increase pedestrian activity and biking



“Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.”





# Opportunities and Challenges

- Large reach—LA County has over 10 million residents
- Very strong public health infrastructure within county and across the state
- Diverse population with rich ethnic and cultural fabrics, but stark inequities to overcome
- Extremely complex policymaking environment—88 cities and 81 school districts
- Lack of understanding of the importance of environmental influences on the obesity epidemic
- Budget crises have created instability in public agencies and community organizations
- Opposition from the food and beverage industry



# Partnerships are key

- Policy change is controversial; requires lots of community support and political will
- Government entities can't do this alone
- Momentum is building for a healthier environment
- **YOUR SUPPORT IS CRITICAL!**



# Contact information

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